



# SENIOR COMMUNITY CAFÉ CALENDAR CONGREGATE JANUARY , 2010



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
4	Lentil Soup Swedish Meatballs w/ Gravy Parslied Egg Noodles Peas & Pearl Onions Wheat Dinner Roll / Saltines Fresh Fruit	5	Sole Florentine White & Wild Rice Blend Prince Edward Isle Blend Vegetables Rye Bread Sliced Apricots	6	Chicken Vegetable Soup Chicken a la Orange Fiesta Rice Green & Waxed Beans Whole Wheat Bread / Saltines Applesauce w Raisins	7	Macaroni and Cheese Tossed Salad w. French Dressing Stewed Tomatoes 100% Whole Wheat Bread Mixed Fruit	8	<b><u>NATIONAL HERB &amp; SPICES DAY!</u></b> Orange Juice, Roast Beef Au Jus Mashed Potatoes w. Chives Herbed Spinach 12 Grain Bread Chocolate Brownie
11	Apple Juice Orange & Cumin Rubbed Pork Loin w/ Broth Sweet Potatoes & Apples California Blend Vegetables Grain White Bread Chocolate Pudding w/ Topping	12	Autumn Soup Herbed Baked Chicken Rice Collard Greens Biscuit / Saltines Sliced Pears	13	Catch of the Day Tater Tots w/ Ketchup Coleslaw 12 Grain Bread Fruit Festival	14	Beef Vegetable Soup Mini Cheeseburgers ( mustard, ketchup, chopped onions & relish) Potato Wedges Saltines Fresh Fruit	15	Vegetable Lasagna w/ Tomato Sauce Zucchini Garden Salad w/ Raspberry Vinaigrette Dressing Italian Bread Apricots
18	<b><u>CLOSED</u></b>  <b><u>MARTIN LUTHER KING DAY</u></b>	19	Baked Ham w/ Mustard & Onion Glaze Sweet Potato and Apple Slices Italian Green Beans 100% Whole Wheat Bread Sliced Peaches	20	Braised Beef w/ Onions, Peppers & Mushrooms Parslied Egg Noodles Salad Greens w/ French Dressing Wheat Bread Fresh Fruit	21	Orange Juice Cod Loin w/ Salsa Sauce Brown Rice Spinach Salad w/ Almond slices & Cranberries & Dressing 12 Grain Bread Chocolate Chip Cookie	22	Chicken Rice Soup Roast Turkey w/ Gravy Mashed Potatoes Yellow Squash & Whole Green Beans Wheat Bread / Saltines Fruit Cocktail
25	Vegetable Soup Salisbury Steak w/ Vegetable Gravy Whipped Potato Cut Green Beans 100% Whole Wheat Bread / Saltines Fresh Fruit	26	Mandarin Chicken Fluffy White Rice Broccoli Florets Rye Bread Diced Peaches and Pears	27	Split Pea Soup Baked Ham w/ Raisin Sauce Baked Sweet Potato Spinach Dinner Roll / Saltines Apricots	28	Orange Juice Liver w/ Onion Gravy Whipped Potato Mixed Vegetables Wheat Bread Double Chocolate Cake	29	<b><u>NATIONAL STRAWBERRY ICE CREAM DAY!</u></b> Clam Chowder Pier 17 Fish w/ Tartar Sauce Potato Wedges, Pineapple Coleslaw , 12 Grain Bread / Oyster Crackers Strawberry Ice Cream Cup

Elderly Nutrition Program meals are served Monday thru Friday to persons and their spouses' 60 years of age or older.

All meals are served with bread, coffee and/or tea and milk. DONATIONS: \$2.00 (or what ever you can afford).

TO CALL IN FOR RESERVASTATIONS, YOU MAY CALL JANET DIRECTLY AT 860-292-8279  
BETWEEN THE HOURS OF 8:30AM – 11:45AM. PLEASE BE SURE TO CALL AT LEAST 24 HOURS ADVANCE.  
PLEASE INDIAE IF YOU REQUIRER TRANSPORTATION WHEN YOU SIGN UP FOR LUNCH.